

# FAKTOR YANG BERHUBUNGAN DENGAN UPAYA PENCEGAHAN PENYAKIT STROKE PADA REMAJA SMA DI KOTA MAKASSAR

## *Correlative Factors of Stroke Prevention Efforts of the Senior High School Students in Makassar*

**Elyeser Tandilino, Ida Leida M. Thaha, Jumriani Ansar**

Departemen Epidemiologi Fakultas Kesehatan Masyarakat Universitas Hasanuddin  
(telyeser@rocketmail.com, idale\_262@yahoo.com, jumriani.ansar@gmail.com, 085255621627)

### ABSTRAK

Stroke merupakan masalah kesehatan yang utama bagi masyarakat modern saat ini yang semakin menjadi masalah serius. Hal tersebut dikarenakan serangan stroke mendadak dapat mengakibatkan kecacatan bahkan kematian baik pada usia produktif maupun usia lanjut. Penelitian bertujuan untuk mengetahui hubungan tingkat pendidikan orang tua, pengetahuan, hereditas, persepsi manfaat, persepsi hambatan, dukungan orang tua, dukungan teman sebaya dan dukungan media terhadap upaya pencegahan penyakit stroke pada remaja SMA. Jenis penelitian observasional dengan pendekatan desain *cross sectional study* dengan teknik *proportionate random sampling*. Populasi penelitian berjumlah 1841 dengan sampel sebanyak 318 siswa. Pengumpulan data diperoleh menggunakan kuesioner. Analisis data adalah univariat dan bivariat (*chi-square*). Hasil penelitian menunjukkan bahwa sebanyak 224 siswa (70.4%) melakukan upaya pencegahan stroke. Variabel yang berhubungan dengan upaya pencegahan stroke tingkat pendidikan orang tua ( $p=0.000$ ), pengetahuan ( $p=0.000$ ), hereditas ( $p=0.025$ ), persepsi manfaat ( $p=0.024$ ), persepsi hambatan ( $p=0.001$ ), dukungan orang tua ( $p=0.006$ ), dukungan teman sebaya ( $p=0.000$ ) dan dukungan media ( $p=0.000$ ). Kesimpulan dari penelitian bahwa ada hubungan tingkat pendidikan orang tua, pengetahuan, hereditas, persepsi manfaat, hambatan, dukungan orang tua, teman sebaya dan media dengan upaya pencegahan stroke pada remaja SMA di Kota Makassar.

**Kata Kunci:** Stroke, pencegahan, siswa, remaja

### ABSTRACT

Stroke has been a main health problem in modern countries who has been a serious problem. It is because the sudden stroke attack can cause defect even death, either in productive age or older age. This research aims to determine the correlation between the education degree of parents, knowledge, schoolmates support, and media support toward the stroke prevention efforts for senior high school students. An observational study with cross sectional study design approach has been conducted with quota sampling technique. The population number was 1841 with total sample 318 students. Data collected by using questionnaires. Analysis of data is univariate and bivariate (*chi-square*). The result shows 224 students (70.4%) has been doing stroke prevention efforts. Variables related with stroke prevention efforts is the education degree of parents ( $p=0.000$ ), knowledge ( $p=0.000$ ), hereditary ( $p=0.025$ ), benefit perception ( $p=0.024$ ), obstacle perception ( $p=0.001$ ), parental supports ( $p=0.006$ ), schoolmate support ( $p=0.000$ ) and media support ( $p=0.000$ ). We conclude there are correlation between education degree of parents, knowledge, hereditary, benefit perception, obstacle perception, parental support, schoolmate support and media support with stroke prevention efforts of senior high school students in Makassar.

**Keywords:** Stroke, prevention, students, teenagers.